

Prenatal Care



Make sure your OB-GYN knows:

- ☐ Any medical conditions you have, such as diabetes or high blood pressure.
- ☐ The medicines you take, including vitamins, supplements, and herbs.
- ☐ Your stresses or risks at work, like back strain or exposure to chemicals.

Ask about these common concerns during pregnancy:

- | | |
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| <input type="checkbox"/> Morning sickness | <input type="checkbox"/> Varicose veins |
| <input type="checkbox"/> Heartburn and antacids | <input type="checkbox"/> Spotting |
| <input type="checkbox"/> Weight gain | <input type="checkbox"/> Other: _____ |

During your first trimester (weeks 1–13), ask about:

- ☐ A calendar of prenatal visits and the tests you will need
- ☐ What to expect at each visit
- ☐ A prescription for prenatal vitamins
- ☐ What and how much you should eat
- ☐ The best ways to exercise
- ☐ Help to stop smoking, drinking, or taking drugs, if you need it

During your second trimester (weeks 14–25), ask about:

- ☐ Tests you may need
- ☐ How your baby is developing
- ☐ When you will start to feel your baby move and hear the heartbeat
- ☐ Prenatal classes and how to sign up
- ☐ Where you will give birth and who can be there with you
- ☐ Pain control during birth

During your third trimester (weeks 26–birth), ask about:

- ☐ Signs of early labor and what to do
- ☐ Reasons to go to the emergency room
- ☐ Health care coverage for your baby
- ☐ Visiting the hospital where you will give birth